

## Metro Health and Fitness

Metro Health & Fitness is located at 116 SE Lorenz Drive, Ankeny, IA. Please pass this information on to your State of Iowa coworkers who are interested in a great membership offer. You can start whenever you want, so don't put off exercise any longer. We look forward to serving your health and fitness needs.



Great Hours!! (Monday through Thursday 5 AM to 10 PM, Friday 5 AM to 8 PM, Saturday 7 AM to 5 PM, Sunday 8 AM to 5 PM)

- Aerobics classes with certified instructors included with membership: (Abs, Cardio Plus, Power Flex, Cycling, Step, PT/Boot camp, and Cardio Kickbox, and more), contact Metro Health & Fitness at 515- 963-7676 for a current class schedule.
- Friendly, clean environment
- Superior childcare for your children while you work out at the low cost of \$1 per child/visit
- Locker Rooms-with all the amenities provided
- Weight Room with free and machine weights
- Sauna
- Cardio Theater - 11 Televisions, plus Music Station Entertainment Center (Treadmills, Bikes, Elliptical Trainers, Stair Steppers, and recumbent bikes)
- Professional Degreed and Certified Personal Trainers and Fitness Instructors

With additional fees you can enjoy: Tanning, fitness testing, massage therapy, personal training and more.

**State Employees save 20% off current membership fees; current enrollment fee applies.  
Call 515- 963-7676 for current pricing.**

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